

# Exercise Classes at the **SENIOR ACTIVITY CENTER**

**107 South Broad Street,  
Gastonia, NC 28052**



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<https://loom.ly/h791AYg>

**Must be 50 years  
of age or better**

## **Instructor: Dana Wolfe** **Zumba Gold**

(Continuous Class)  
Tuesdays & Thursdays  
10:30AM-11:15AM  
\$2 Per Class



## **Instructor: Judy Blankenship**

### **Hatha Yoga**

(Continuous Class)  
Tuesdays, 3:30PM-5PM  
\$5 Per Class



### **Chair Yoga**

(Continuous Class)  
Fridays, 11:30AM-12:30PM  
\$2 Per Class

## **Instructor: Betty Woods**

### **Line Dance** (High Beginners)

(Continuous Class)  
Wednesdays, 1PM-2PM  
\$2 Per Class



**For more information, please call  
(704) 866-6848 or (704) 866-6842.**